

Celebrity Buzz

Kate opens up in first interview post-split
pg 18



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Sports

pg 9

Herd to get first shot at waived players



HALIFAX • TUESDAY, AUGUST 11, 2009

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Impaired charge could result in 2 lost licences

SEA-DOO A 46-year-old West Porters Lake man is facing the possible loss of his driver's licences — both on land and sea — after being charged Sunday night with impaired driving of a Sea-Doo.

Halifax RCMP say during the annual Parade of Lights on Porters Lake at 8:30 p.m., a police boat observed a Sea-Doo travelling at a high rate of speed.

After pulling alongside other boats, police approached the male operator of the Sea-Doo and said there were signs of impairment.

He was then arrested and is facing charges relating to the impaired operation of a vessel. The man will appear in Dartmouth provincial court Oct. 14.

"It's the exact same as a motor vehicle. It's the same penalties," said RCMP spokesman Cpl. Joe Taplin. "You would lose both your driving and boating licences."

Taplin said police arrested one person last year on the same lake for driving a Sea-Doo and being impaired.

"If you're operating a vessel or a boat, you can't be impaired — plain and simple," Taplin said.

METRO HALIFAX

Local pg 2

NDP coming to Halifax

Beauty pg 14



Ex-victim fights sex slavery

Business pg 7

Coming soon: new TV fees



The hearse carrying the remains of Mi'kmaq icon Donald Marshall Jr. leads an aboriginal honour march through his home community of Membertou yesterday. Marshall was wrongfully convicted of murder and served 11 years in prison before he was acquitted.

Mourning Marshall

Dignitaries attend funeral for wrongly convicted Mi'kmaq leader

Mourners are remembering Donald Marshall Jr. as a courageous man who fought for justice and was deeply committed to the Mi'kmaq people.

Hundreds of family members, friends and dignitaries packed Saint Anthony Daniel Church for Marshall's funeral service yesterday in Sydney, with standing room only on the church's main floor and an overflow crowd in its basement.

About another 100 people remained outside under a grey sky during the service.

Marshall died last week at age 55 after complications linked to a double lung transplant he underwent six years ago.

Marshall first rose to national prominence when

Dexter in attendance

• Premier Darrell Dexter also attended the funeral and noted out of the tremendous difficulties Donald Marshall Jr. encountered in his life came benefits not just for Nova Scotians, but Canadians. "The legal de-

he was wrongfully convicted of murder in 1971, spending 11 years in prison before he was released at age 28.

A subsequent royal commission resulted in sweeping changes to Nova Scotia's justice system aimed at improving race relations and criminal investigation practices.

Later in life, he successfully fought for the recognition of the Mi'kmaq treaty fishing and hunting rights.

cisions that were made, the history that was made stand on its own," he said. "The greatest tribute to him would be the actual changes that were brought in both of those systems."

Rev. Donald MacGillivray noted in the service that while Marshall may be seen as having died before his time, he did have time to enjoy life and serve his people.

But he also underwent great trial and torment. MacGillivray said it would be difficult for most people to imagine what it would have been like to go to prison for a crime they didn't commit.

But Marshall survived

his imprisonment without it embittering him.

"It takes courage to stand for what we know to be true, for what we know to be just, for what we know to be right," he said.

Marshall will live on in the hearts of those who loved him, as well as in the memory of the Mi'kmaq people and the memory of the nation as a whole, MacGillivray added.

Shawn Atleo, national chief of the Assembly of First Nations, called Marshall a man who believed in his people.

"I feel so inspired like so many others, inspired by a man who knew who he was, where he came from, and for what he believed in," he said.

CAPE BRETON POST

Rally against gay marriage not Tim's cup of tea

PAUL MCLEOD
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RHODE ISLAND Facing a wave of criticism, Tim Hortons announced yesterday it was no longer associating its company with an upcoming anti-gay-marriage rally being held in the United States.

News spread quickly through websites, blogs and Twitter yesterday morning that a Tim Hortons franchise in Rhode Island was sponsoring a fundraiser by the National Organization for Marriage, which is on record as opposing same-sex marriage.

The event, billed as "Celebrate Marriage & Family Day," is taking place Sunday with the Tim Hortons logo on flyers and posters.

When contacted yesterday at its headquarters in Oakville, Ont., Tim Hortons said through a media release that support for the rally was a mistake on its part and it has since cancelled its sponsorship.

"Recently Tim Hortons was approached in Rhode Island to provide free coffee and products for a local event, as we do thousands of times a year," read a company press release.

"It has come to our attention that the Rhode Island event organizer and purpose of the event fall outside of our sponsorship guidelines. As such, Tim Hortons cannot provide support at the event."

The company's website said it has policies against religious groups, political affiliates or lobby groups.

The press release did not address the nature of the rally, but did say Tim Hortons has "always welcomed all families and communities to its restaurants and will continue to do so."



Two more hats have been thrown into the ring for the vacant Halifax Regional Municipality council seat for District 6 (Dartmouth-East The Lakes). Longtime area resident John McMillan issued a release stating his candidacy over the weekend, as did Robin Allen, a school library technician. Phil Brown is also running. **METRO HALIFAX**

Local



Halifax singer makes cut

Halifax's Wren Burnett, 14, has been chosen as one of the six finalists for the YTV music reality show *The Next Star*, which airs on Friday evenings. Over 3,000 kids from across Canada auditioned for the show, with 16 selected to come to Toronto. The 16 contestants were narrowed down to six in last Friday's episode, with Wren moving forward. Wren and the other five finalists will now get mentored by industry professionals, and get the chance to record their own single. **METRO HALIFAX**

Helicopter contract will send \$76M to East Coast

CHINOOK The federal government announced yesterday it has signed a contract to purchase 15 Chinook helicopters from U.S. aircraft group Boeing for about \$1.2 billion, a move that will have a direct impact on the Nova Scotia economy.

The contract announced at IMP Aerospace in Enfield also includes 20 years of support and maintenance valued at \$2.2 billion.

Boeing issued a press release and said they're committed to re-investing the full contract value into the Canadian economy, with more than \$76 million US going to companies in Atlantic Canada, such as Nova Scotia-based IMP and Apex Industries, and Dalhousie University.

A federal government release said an independent analyst found the contract will generate benefits for local economies and will create 5,500 jobs across the country.

Defence Minister Peter MacKay said in a release the contract should make sure the national military is "a first-class, modern, flexible force capable of defending Canada and Canadian interests at home and abroad."

Boeing will deliver the first aircraft in July 2013. The CH-147F Chinook helicopters will allow the Canadian Forces to access remote areas and "challenging environments inaccessible by land transport or fixed-wing aircraft," the release read.

METRO HALIFAX

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WHAT'S ONLINE TODAY

Blogs Noel Butler of Oranges at Halftime — Canada's longest running soccer show — joins It's Called Football to discuss MLS expansion to Montreal

Video Barack Obama criticizes those who think Canada makes 'a good boogeyman' in U.S. health care debate at metronews.ca/canada



New Democrats coming to town

Federal party holding convention this weekend, will honour McDonough

HILARY BEAUMONT
for Metro Halifax



Halifax will play host to the federal NDP convention at the World Trade and Convention Centre in Halifax this weekend. NDP Leader Jack Layton was expected to arrive in Halifax yesterday for an early start to the weekend activities.

The party announced Halifax as the next conference city one year ago, but the province's more recent NDP win is a welcome twist of fate, Sackville-Eastern Shore MP Peter Stoffer said yesterday.



"We haven't been here for quite a long time for a national convention, so we just thought it was appropriate." Peter Stoffer, MP

terday.

"We haven't been here for quite a long time for a national convention, so we just thought it was appropriate," Stoffer said of why Halifax was chosen. "We've been to British Columbia, we've been to Ontario, been to Quebec, but we haven't been to the Maritimes as a national party ... now we have a provincial party which is

quite a bonus on top of that."

While in Halifax, the conference will honour former party leader Alexa McDonough for her years of dedication to the party. McDonough and 10 others, including former party leader Ed Broadbent, will give speeches about a variety of issues facing the party, including climate change and the na-

tional budget.

"The most pressing issue facing our planet today is the environment and climate change and global warming," Stoffer said.

"We need to outline a plan working with various other groups that are out there to address this issue."

He said they have a blueprint but nothing will be decided at the conference, only discussed. He said another major issue the conference will address is Canada's deficit.

The party, which formed in the 1960s, will

Attendance

• Halifax MP Megan Leslie said the NDP had expected 1,000 people to show up for this weekend's convention, but attendance has already exceeded that projection.

also consider new ways of communicating online and whether or not to drop the "New" in the party name.

Party members from across Canada will gather for the convention. Hundreds of volunteers will be needed to accommodate everyone, the federal NDP website claims.

Police probe report of shots fired following dispute

PHILIP CROUCHER
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Halifax Regional Police believe a dispute between two groups of people led to a report of shots being fired at Highfield Park in Dartmouth late Sunday night.

Police say at 10:50 p.m. they responded to the area of Joseph Young in regards to several gunshots being heard. When they arrived police said no suspects or victims were located.

Police said information from residents indicated that at least three males were involved in the incident, with one man firing shots along the south side of Joseph Young in front of several residents at an apartment building.

"One group approached the other. There was an exchange of words. Then one person from one group pepper sprayed or bear sprayed the other group, then a person from that group fired off a couple of shots," said police spokesman Const. Brian Palmeter. "We believe the shots were in retaliation to being bear sprayed."

There have been no reports of any injuries from the incident, and yesterday police were back on the scene looking for evidence of gunfire.



A Halifax Regional police officer takes down police tape yesterday morning from the scene of a shooting in Dartmouth late Sunday night. Police responded to a call on Joseph Young after a complaint of several shots being fired in the area.

"At this point we don't know if the shots were fired directly at somebody. If they were fired in the air," Palmeter said. "It

might have been done to scare the people off, because indication is after the shots were fired everybody took off running."

Buses allowed back on bridge

TRANSIT Metro Transit buses will again be allowed to use the aging CN bridge near the base of Quinpool Road in Halifax after the installation of jersey barriers.

Last month, the Halifax Regional Municipality announced it was placing weight restrictions on the 93-year-old bridge because it is "showing the effects of age, heavy traffic flow and weight," according to an HRM press release.

Those restrictions included Metro Transit bus-

es, but that is now lifted for them because of the new jersey barriers along the edge of the bridge, which "are a safety measure to protect the concrete parapets from potential vehicle impacts."

The HRM put in the jersey barriers on a request from CN.

Bus routes No. 6 Quinpool and No. 32 Cowie Hill were forced to re-route because of the restrictions, but starting today will return to their normal routes. **METRO HALIFAX**

Equipment failure leaves thousands without power

OUTAGE An equipment failure caused a midday power outage for about 9,300 homes in the Bedford-Sackville area yesterday.

The malfunction happened at the Lucasville Road substation at 11:13. The power outage spread from Lucasville Road north along Highway 1 to Mount

Uniacke and throughout Middle and upper Sackville.

Power was fully restored by 2:23 p.m. Although it was raining at the time, Nova Scotia Power spokesman David Rodenhiser said the equipment failure was not caused by weather. **METRO HALIFAX**

News in brief

EXPLOSIVES The Halifax RCMP responded to someone finding an explosive cap outside the liquor store near the Purlator drop-off box in Fall River yesterday around 2:30 p.m. Police say the RCMP Explosive Disposal Unit attended the scene and seized a small explosive cap,

which was close to the drop-off box. As a precautionary measure, the RCMP contacted Purlator to attend and open the drop-off box, and nothing was located inside. Police believe the explosive cap may have accidentally dropped out of the pocket of someone who was working in the area. **METRO HALIFAX**

There's a new music station on the FM dial

Rogers Radio has kicked off LITE 92.9 FM, billed as "the only radio station in Metro Halifax playing 'Today's Lite Rock.'"
The station is commercial free until Sept. 1, with on-air talent to be announced shortly. **METRO HALIFAX**

MLAs get expense hike ... 8 months ago

System for increases is automatic, system for informing the public is not

PAUL MCLEOD

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Expense money to provincial politicians was hiked eight months ago but the public record has only been updated in the last two weeks.

Jocelyn Scallion, the executive director of the province's speakers office, told Metro yesterday expenses are tied to the consumer price index, which meant they got an across

the board increase of three per cent at the beginning of the year.

For example, MLAs can now expense \$4,076 with receipts every month, up \$122 from last year.

On top of that they also get \$1,050 to spend monthly without showing receipts.

But while the annual price jump is automatic the system for informing the public is not.

The Internal Economy Board, made up of a group

of MLAs, is in charge of member expenses. The board's website couldn't be updated

until they met to formally approve the hike that had already taken place. This year that didn't happen until the end of July.

Other expenses include members being paid \$84

without need for receipts every day that the legislature is sitting.

Politicians from outside of the Halifax Regional Municipality are also handed \$1,470 per month for a place to stay in the city.

The biggest pot of money comes if a member is defeated in an election — \$45,000 that doesn't require any receipts, plus another \$12,000 that does require receipts, to clear up their offices.



Charlie Parker

Expense audit

• Nova Scotia Auditor General Jacques Lapointe is currently reviewing government expenses and will release an audit in the fall.

Speaker of the House Charlie Parker told Metro last month the non-receipted money is often used by members to help needy people who wouldn't want their names

made public.

"As a member a lot of requests come both from charities and from individuals," he said then.

"I know personally I get a lot of people who are down and out, just don't have enough money to make ends meet, and they absolutely need oil or they need food."

ShareYourViews

halifaxletters@metronews.ca

Man charged with assault after stabbing last week

INCIDENT Halifax Regional Police have laid charges against a 23-year-old Halifax man in relation to a stabbing last week.

At 11:38 p.m. Thursday night, police responded to the 5600 block of Marara Street in Halifax in regards to a man suffering from multiple stab wounds. Police say their investigation led to an apartment in the 5600 block of Russell Street where a female resident was located with a cut to her hand.

Both parties were taken to hospital for treatment, police say.

On Saturday, police say they arrested the man without incident after he was released from hospital. He is charged with assault and will appear in Halifax provincial court at a later date.

Police say the incident is still under investigation and further charges are possible. **METRO HALIFAX**

News in brief

CRASH Police don't believe speed or alcohol played a factor in a fatal motorcycle collision late Sunday afternoon on the Waverley Road. Halifax RCMP say at 5:10 p.m., two motorcycles travelling together toward Dartmouth rounded a slight curve in the road and appear to have lost control. One man died. **METRO HALIFAX**

Weather Time for an umbrella again

ITS SUNNY GO CAMPING



A woman uses her umbrella to shield herself from the rain as she walks past a store on Quinpool Road yesterday. After sunshine for most of the past two weeks, rain has returned to the region.

Two travellers end up in N.S., not Down Under

A grandfather and grandson are the latest wayward travellers who found themselves in Sydney, N.S., while on a journey Down Under.

Joannes Rutten and 15-year-old Nick Rutten of Amsterdam, Netherlands, booked a two-day flight through a Dutch travel agency to visit family in Sydney, Australia.

On Saturday, as the pair landed in Halifax, they realized their flight had taken them in the wrong direction.

The elder Rutten, who speaks German, Dutch and some English, said they didn't know there was another Sydney.

"We had 24 hours with no sleep," he said Sunday from the Delta Sydney. "It's not good, not good."

Clare MacDougall, an Air Canada customer service representative, was working at Sydney's J.A. Douglas McCurdy Airport

when she heard about the pair's predicament.

"I met the aircraft. When the aircraft door opened, the flight attendant said 'You're not going to believe it, but we have two people who thought they were en route to Sydney, Australia,'" said MacDougall.

"They arrived with no Canadian money — they had all Australian money." MacDougall said.

Dougall said attempts were made to fly the travellers back to Halifax but the next outbound plane was full.

Air Canada later contacted the Delta Sydney and asked if they could provide the pair with a free accommodation.

The two were scheduled to begin travelling back Amsterdam yesterday. Once back home, Rutten said he would sort out the flight mix-up.

CAPE BRETON POST

Separate incidents send two pedestrians to hospital

CHARGES Two female pedestrians were taken to hospital with non-life-threatening injuries in separate incidents yesterday where each was hit by vehicles while walking in marked crosswalks.

At 11 a.m., a 35-year-old woman was crossing at Port-

land Street and Woodlawn Road in Dartmouth when she was struck by a car merging onto Portland from Woodlawn. The male driver of the vehicle was charged for a red light violation and for failing to yield to a pedestrian in a crosswalk.

Thirty minutes later at the intersection of Bayers Road and Romans Avenue in Halifax, a 51-year-old woman was struck by a van turning left. The male driver was also charged for failing to yield to a pedestrian in a crosswalk. **METRO HALIFAX**



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Canwest Global, which is struggling under a debt load of nearly \$4 billion, has initiated talks with Canadian regulators on a possible ownership change, officials said yesterday. Winnipeg-based Canwest owns the Global TV network and a stable of daily newspapers across Canada. **REUTERS**

Canwest looks to deal with debt problems

Canada/World

Amigos target drugs, flu

Leaders also vow to work together ahead of G20 summit

Leaders of the United States, Mexico and Canada vowed yesterday to fight the spread of influenza A (H1N1), also known as swine flu, and combat drug gangs but differed on drug disputes at their "three amigos" summit.

U.S. President Barack Obama, Mexican President Felipe Calderon and Prime Minister Stephen Harper met against a backdrop of

Obama downplays 'Buy American'

U.S. President Barack Obama said yesterday the "Buy American" component of the U.S. economic stimulus package

has not endangered billions of dollars of trade between the United States and Canada. **REUTERS**

an economic downturn in each country with a U.S. rebound key to a regional improvement.

"The global recession has cost jobs and hurt fam-

ilies from Toronto to Toledo to Tijuana," said Obama at a joint news conference as the leaders pledged to work together to prepare for a summit of 20 leading

economies in Pittsburgh next month.

Facing the possibility of a resurgence in swine flu this fall likely to lead to more deaths, the three leaders pledged that their governments will share information and try to instruct their peoples on how to prepare.

"H1N1, as we know, will be back this winter," Calderon said. **REUTERS**

Harper blasted for his attacks on refugee system

CRITICS The refugee system is only broken because the federal government has taken too long to give it the resources needed to tackle a backlog of claims, critics argued yesterday.

They were reacting to a statement by Prime Minister Stephen Harper that a dysfunctional refugee system, which he said encourages illegitimate claims, is behind a new visa requirement straining Canada-Mexico relations. Auditor General Sheila Fraser said in her March report that the Immigration and Refugee Board saw a decrease in its number of decision-makers beginning in the second quarter of the fiscal 2006/2007 and at one point was operating with a

35 per cent vacancy rate. Critics say the shortage is to blame for a backlog of pending claims the Treasury Board expects to grow up to 94,000 by the end of 2009/2010.

"The government has really got quite a lot of nerve to attack the system for having a backlog when they themselves are the key reason that a backlog exists," said Janet Dench, executive director of the Canadian Council for Refugees.

"The government has really got quite a lot of nerve to attack the system for having a backlog when they themselves are the key reason that a backlog exists."

Janet Dench, Canadian Council for Refugees

Immigration Minister Jason Kenney said in April appointments to the board "slowed down for a certain period of time" because of a new pre-screening process involving exams and interviews for candidates. **TORSTAR NEWS SERVICE**

Duck shooters plead guilty

AMY GREGSON
for Metro Canada

YOUTUBE The three men responsible for a YouTube video in which they were seen shooting ducks out of season pleaded guilty in a Saskatchewan court yesterday.

David Fraser, James Fraser and Jeremy Rowlands were charged with violating several federal and

provincial wildlife protection laws. A judge ordered the men to turn over their rifles and slapped them with fines — the Frasers must pay \$5,000 each and Rowlands must pay \$6,000. "It was gratifying to see the hunting community and everyone else jump on board and use the tips program," said Darrell Crabbe, executive director of the Saskatchewan Wildlife Federation.

Typhoon triggers deadly mudslide

TAIWAN A mudslide triggered by torrential rains from a typhoon may have buried up to 600 villagers in mountainous southern Taiwan, disaster officials said yesterday.

More than 50 people have died in tropical storms striking the Philippines, Taiwan, China and Japan.

The death toll so far in

Taiwan stood at 15, with 55 missing and 32 hurt, since Typhoon Morakot struck the island on Friday and remained in the area through the weekend before battering China's populous east coast.

Rescue squads aboard helicopters had saved only 45 people from Hsiao Lin, a village of 1,000 in southern

Taiwan. Rains washed out roads and bridges in Kaohsiung County, severing all land vehicle traffic.

"No small number of single-storey houses have been covered in mudslides," said Richard Hu, an army major-general.

"We don't know how many people are there, but homes have definitely been

buried."

Local officials said they had lost contact with up to 600 villagers, with inclement weather reducing even helicopter access.

The storm caused floods in Taiwan's densely-populated south and farm-related losses on the island were estimated at \$128 million US. **REUTERS**

News in brief

DRUG WAR Mexico has captured a drug smuggler believed to have been plotting to assassinate President Felipe Calderon in revenge for the army's crackdown on trafficking, a senior police official said yesterday. Dimas Diaz, a member of the Sinaloa cartel in northwestern Mexico, was arrested Sunday with four other traffickers, said Ramon Pequeno, head of the federal police's anti-drug wing.

SOMALIA Somali Islamist group al Shabaab is forcibly removing gold and silver teeth from residents in southern Somalia because it says they contravene strict religious law, locals from a coastal town said yesterday. **REUTERS**

Playing politics in Germany Is bigger better?



A campaign poster for the upcoming German election with the words "We have more to offer" shows current Chancellor Angela Merkel, left, of the conservative Christian Democratic Union party (CDU) and Vera Lengsfeld, a CDU candidate in Berlin yesterday.

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Comment

Tough times for Amigos

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

The Three Amigos are getting a bit testy, where the Mexican mini-summit revealed some friction.

Mexican President Felipe Calderon made clear his opposition to Stephen Harper's introduction of a visa requirement for Mexicans, saying it was bad for relations. U.S. President Barack Obama made it clear he was getting a little tired of Harper's complaints over how Buy American laws hurt Canadian exporters.

It may have been just an incidental slip but it was interesting how the U.S. president referred at the press conference to the Mexican leader as his "great friend" and Harper

as his "good friend." He also went out of his way to compliment Calderon on his climate change efforts while not doing the same for Harper.

If there was friction among the Amigos it should come as no surprise. The days of a smooth functioning NAFTA agreement are over. With the advent of China, the days when Canada had few other good alternatives for trade than the United States are over. The 9-11 calamity has changed the dynamic at the border, perhaps permanently. As well, there is the deep American recession, which isn't helping the bilateral

spirit. And with regards to Mexico, the immigration problem can't help but make things difficult.

For political purposes, Harper has to get along well with Obama because the U.S. president is so popular in Canada. But on an issue-by-issue basis, on a political philosophy basis and on a personality basis the two men cannot be expected to find the going too easy. On the thickening of the border issue as well as the Buy American issue, there was no signal yesterday that Obama would be doing Canada any favours. At the end of the press conference,

sensing perhaps a need to leave on a nice note, Harper went out of his way to compliment Obama on his handling of the leadership crisis in Honduras.

That was smart. On Mexico, however, he clearly made a misstep in his timing of the announcement — shortly before this summit — of the visa requirement. Though the PM's position is perhaps defensible, he should have known how his timing would only showcase the controversy. It did — and led to Harper, in order to ease the tensions, having to announce the whole matter was Canada's fault.

With the U.S. and with Mexico, these aren't easy times for Ottawa. But Canadians should get used to it. It's a new era. Given the changing dynamic on the continent, the Three Amigos billing is Pollyannaish.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



REUTERS PHOTOS

CANADA WILL PLAY
HOST TO A THREE
AMIGOS SUMMIT
AFTER FELIPE APPLIES
FOR A VISA.



MICHAEL DI ADORNI

Worth mentioning

Cash-strapped Cuba short on toilet paper

Cuba, in the grip of a serious economic crisis, is running short of toilet paper and may not get sufficient supplies until the end of the year, officials with state-run companies said recently.

Officials said they were lowering the prices of 24 basic goods to help Cubans get through the difficulties provoked in part by the global financial crisis and three destructive hurricanes that struck the island last year.

Cuba's financial reserves have been depleted by increased spending for imports and reduced export income, which has forced the communist-led government to take extraordinary measures to keep the economy afloat. "The corporation has

taken all the steps so that at the end of the year there will be an important importation of toilet paper," an official with state conglomerate Cimex said on state-run Radio Rebelde.

The shipment will enable the state-run company "to supply this demand that today is presenting problems," he said.

Cuba both imports toilet paper and produces its own, but does not currently have enough raw materials to make it, he said.

One of the measures taken to address the cash crunch is a 20 per cent cut in imports, which in recent days has become evident in the reduction of goods in state-run stores.

REUTERS

Views

Problems with refugee system are many

Martin
Collacott

Immigration Minister Jason Kenney was absolutely right when he imposed visa requirements on visitors from the Czech Republic and Mexico. Canada was being pummeled with thousands of refugee claimants that virtually no other country in the world would allow to make claims.

Prime Minister Stephen Harper was equally correct when he told Mexican President Felipe Calderon that the reason why visas had become necessary was because Canada's refugee system encouraged bogus claims and had to be changed.

It has been clear since the

current refugee determination was put in place nearly two decades ago that it is highly dysfunctional. While the auditor general of Canada, among others, has documented its shortcomings in detail, no one has been prepared to take on the powerful Canadian refugee lobby, which keeps insisting we are far too stingy when it comes to accepting those seeking asylum.

We are the most generous country in the world in welcoming refugees. We accept 50 per cent of those who make claims in Canada (compared to an average of 12 to 15 per cent for other Western countries) and on a per capita basis we grant refugee status to four or five times the number that others do. We also provide the most generous package of

benefits — a fact that makes us a highly attractive destination for asylum shoppers.

The problems with the current system are many. To begin with, we allow far too many people to make claims, thus clogging the system and slowing down the processing of claims that have merit.

We also need to reduce the multitude of appeals and reviews available to failed claimants to a single substantive reappraisal of their case. Under the current system they are able to avoid removal for years by means of serial reviews and appeals. All of these should be bundled into a single one-stop process so that those whose claims were rejected know quickly if they will be allowed to stay here permanently or will be re-

moved without delay if the review is not favourable.

Whether the government will be able to make any substantive changes to refugee policy remains to be seen. The opposition parties have not been co-operative when it comes to reforming the system and, in fact, have been attempting to complicate it further by adding yet a further layer of appeal without first clearing up the existing mess.

Canadians, however, are increasingly aware that the refugee system is badly in need of a complete overhaul and those who try to block it could well pay a price in terms of electoral support.

Martin Collacott is a senior fellow at the Fraser Institute in Vancouver and former Canadian ambassador in Asia and the Middle East.



Metro Online Poll Results

21%
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YES

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Student Cents



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Graduate in the black

But financial planning key to ensure future success

BRIAN COULTON
for Metro Canada



It can be a period of firsts for students graduating high school, including their first time living away from home and attending college or university. But what many students aren't prepared for is the first time they have to manage their own finances.

A survey of Ontario students aged 14 to 18 conducted by the Investor Education Fund, an Ontario Securities Commission initiative to help people properly use of financial information, found that less than half of those surveyed knew how to create a budget, and just 38 per cent felt prepared to manage their money after high school.

"Money management skills directly affect a person's ability to meet financial needs in the future," said Perry Quinton, the fund's Toronto-based vice-president. So, whether it's buying a home, vehicle or

business in the future, poor financial decisions today can compromise those abilities tomorrow. "When you're at this stage, the money's there and it's about spending it. You don't really think of the long-term consequences," she said.

And while post-secondary students popularly enter debt because of student loans and credit cards, Murray Baker believes it is possible to graduate in the black.

For students to balance their budgets, the Vancouver-based author of The Debt-Free Graduate recommends creating a "roadmap" for the year, detailing when they'll receive income from student loans, savings and summer jobs.

"You can look ahead and say, 'It looks like I'm going to be short by this month.' Then you can take steps ahead of time," he said. "That leaves it a lot less stressful for students and gives them time to focus on their academics."



With a little planning, you don't have to end up overwhelmed by debt after you graduate.

For students who must borrow money to cover expenses, Murray suggests considering a credit card only as a last resort, and obtaining student loans first. "Student loans are the best option, not only because the interest rate is regulated by the government, but, if you run into difficulty paying off the

loan later on, there are a lot of mechanisms for student relief."

But credit cards can help students with those aforementioned long-term goals, said Elena Jara, education co-ordinator for non-profit credit counselling agency Credit Canada. However she suggests starting small, so students

aren't tempted to get too deep into debt and generate an adverse effect.

"If they're working part-time and get a credit card with a very small credit limit — maybe \$300 to \$500 — this will allow them to, within time, build a credit rating and learn to manage that credit card well."

Tips to avoid a rainy day

Statistics Canada estimates the average university student paid \$4,724 in tuition last year, and the associated costs of school go far beyond protractors and erasers.

Financial and insurance experts offer the following tips students and their families can take to lower potential expenditures:

- Students who are away at school and are living outside the family home temporarily are usually still covered for up to \$10,000 in belongings by their parents' home insurance policy. In most cases, this will negate the need for their own tenant policy. However, students who sign a lease should obtain their own tenant policy for insurance of belongings and personal liability on the rented premises.

- For students who need their own policy, tenant insurance can be had for as low as \$100 for the year. And while many think they don't have much to protect, consider this: Just the cost of replacing your entire wardrobe could amount to thousands of dollars.

- Some auto insurance companies offer discounts to customers who have children attending school away from home. In some provinces, families can save as much as 50 per cent in secondary driver insurance costs.

NEWS CANADA

"Money management skills directly affect a person's ability to meet financial needs in the future."

Perry Quinton



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NASA to spend \$50M on developing space tourism

NASA plans to use \$50 million US of federal economic stimulus funds on development of commercial passenger transportation service to space, agency officials said yesterday. **REUTERS**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Coming soon: TV fees

Subsidy hike means 1.5% charge for customers

Stay tuned folks: Watching television is about to get more expensive — again.

Cable and satellite bills are set to rise this fall as those TV service providers begin collecting a mandatory new fee to subsidize local stations in small markets across Canada.

Cable giant Rogers Communications Inc. is sending a strongly worded letter to customers warning them to expect a new charge worth 1.5 per cent of their recurring TV monthly service fee starting in September. The cost relates to the Local Programming Improvement Fund, created by the Canadian Radio-television and

Second Rogers fee hike this year

The new LPF fee marks the second fee hike for Rogers' customers this year. In March, the company raised prices on several cable packages, argu-

ing that hike was needed to offset higher programming costs and for network investment. The average increase was under four per cent.

Telecommunications Commission to subsidize stations in markets of less than one million people.

Rogers will dub it the "CRTC LPF fee" on its invoices. That not-so-subtle tactic comes as the industry prepares for CRTC hearings on the contentious fee-for-carriage issue, which could further inflate bills.

The CRTC established the fund in October 2008. It was envisioned that cable and satellite companies would contribute one per cent of their gross broadcasting revenues to the fund. Last month, however, the CRTC decided to raise funding to 1.5 per cent as a "temporary measure" for the upcoming year.

TORSTAR NEWS SERVICE

Chief Nortel exec to step down as losses balloon

WIRELESS Nortel Networks said yesterday its chief executive will step down immediately and its board will shrink from nine directors to three as the bankrupt telecom equipment maker sheds assets.

Toronto-based Nortel, once North America's largest maker of telephone gear, also posted a bigger quarterly loss due to big reorganization costs and plunging sales.

The departure of CEO Mike Zafirovski had been expected since the company filed for court protection from creditors at the start of this year. The three remaining directors are John MacNaughton, Jalyann Bennett, and David Richardson, who will serve as chairman.

Nortel said it lost \$274 million in the second quarter.

REUTERS

Kenya Four months at sea



Crew members of German container ship Hansa Stavanger arrive at the Moi airport in Mombasa yesterday. The ship, held by Somali pirates for four months, arrived at the Mombasa port on Saturday after a \$2.7-million US ransom was paid.

Business in brief

MINING Shares in global miner Rio Tinto Plc./Ltd. fell yesterday after China stepped up its spying allegations against the company, although Australia's Foreign Ministry said the latest accusations were nothing new. China's state secrets agency said on its website at the weekend that Rio Tinto had spied on Chinese steel mills for six years, resulting in the mills overpaying \$102 billion for iron ore.

AUTO General Motors Co. and eBay Inc. said yesterday that they launched a test program in California that will allow consumers to negotiate with dealers and buy vehicles online. The car shopping website — gm.ebay.com — marks a departure from the way new vehicles have been traditionally sold in the U.S. More than 225 GM dealers in California are participating in the program.

REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONews.CA

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Alison Griffiths

metronews.ca/alisononmoney

It's the four letter F-word all over again. Flip. Not flip as in flipping the bird (a.k.a. giving the fin-

ger), but flip as in quick and easy bucks in real estate.

After more than a year of doom and gloom on the property pages, repressed editors are now positively shrieking with glee whenever

they can report a return to bidding wars.

Real estate bidding wars belong to the post-tech-bust world and an anything-but-the-stock-market attitude to investing. With that trend came a wave of flippers — and half a dozen real estate shows to pump them up.

I don't recommend flipping as a wealth generating tactic for the average person because it is far too easy to succumb to emotional decisions. Neophyte flippers also often forget to factor in costs such as land transfer taxes and capital gains.

Alison's Money Rule:

- Don't turn a property flip into a flop by ignoring the basic rules of real estate. Location, condition and neighbourhood comparisons rule profits.

But if you are determined to try your hand as a property mogul, take a business-like approach and pay attention to

Careful you don't flip out

Keep these in mind if you play the real estate game



A well-known adage in the real estate business says don't buy the best house on the block.

the three basics.

Location still rules. In major centres, focus on areas close to transit, schools, parks and services. But choose neighbourhoods a little down at the mouth or on the fringe. If real estate zooms they will

be the target of buyers who can't afford the primo addresses.

Condition is critical. Do a thorough assessment of the big buck items; roof, insulation, furnace, exterior or drainage, foundation and evidence of termites

or carpenter ants. Such things cannot be fixed cheaply or covered up with a few coats of paint.

Do your comparison shopping. A well-known adage in the real estate business says don't buy the best house on the block.

This is especially true in areas that are on the verge of up and coming yet still have a large stock of modest homes.

If you intend to buy and hold, it's a different story. Over time neighbourhoods are discovered, big ticket repairs can be amortized and humble abodes catch up to the mansion on the corner. But if you must flip — ignore location, condition and comparison at your peril.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small



Allan Small discusses how long can the rally in North American markets last. Visit metronews.ca/investing

Finding reasons to be optimistic

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q I am a single male in his early 30s. I am deeply troubled about the impact this recession may have on my job and lifestyle. My income is fixed with very little savings. I constantly read about all the layoffs. Should I have a more optimistic approach?

— Dale, B.C.

A The media does a great job reporting bad news because it's what many tune in for. What's more interesting: "100 families lose jobs, homes, must live in homeless shelters" or "Mom buys new mini-van to drive kids to dance class"?

Personally, I see the glass as half full. However, optimism is not a bubble that is oblivious to world economic issues.

This may be an opportunity to look closer at your work ethic, organize priorities and formulate a contingency plan.



Take stock of your life and plan for rainy days — this is the key to optimism for the future.

Individuals cannot eliminate the anxiety of losing a job, or how to pay next month's mortgage, but can take steps to manage stress.

Take some of the following that may ease some of your insecurities:

- Sit back and take inventory

- Create a budget or reneview your monthly cash flow

Write to Henry

- How are you or your business managing in these economic times? Please email choochonghcg@yahoo.ca

- Be objective and cut unnecessary expenses
- Have an emergency fund, savings account or start a Tax Free Savings Account
- Reduce use of credit



- Apply for line of credit for use on rainy days: Banks will loan money when times are good, not when they are deteriorating
- Have a sincere interest in your job

Inaction is not acceptable. Large organizations and businesses could not be successful with that philosophy.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

Getting hitched? Call your insurer

INSURANCE Have you moved residence, turned 25, or installed a new car alarm system recently? Have you changed your commute to work? While they may not seem like a big deal to you, such changes can have an impact on your home or auto insurance.

The good news is that material changes to your personal circumstances can result in a reduction of your insurance rates. But on the flipside, not notifying your insurer of changes could result in their refusal to pay a claim.

"If a customer fails to disclose a material change in risk, an insurance company could reject a claim without having to void or cancel the policy," says Wayne Ross, insurance and claims expert with Aviva Canada. "Most insurance companies require policyholders to keep them apprised of any significant changes that might increase the risk of an incident," Ross continues.

But consider the following changes that may have you enjoying discounted premiums.



Certain life events can alter your insurance. If you don't keep your insurance company posted, you could miss savings or have a claim rejected.

Auto rates:

- If you are a male under the age of 25 and get married during the policy term.
- If your vehicle has a qualifying after-market alarm system.
- If you operate a hybrid vehicle or commute a short distance.

Property rates:

- If you install a central fire and/or burglary alarm.
- If you pay off your mortgage you may get a mortgage-free discount.
- If no residents of the home smoke.

For more information on how you can lower your rate, contact your insurance broker, visit changeinsurance.ca or call 1-866-My Aviva (692-8482).

NEWS CANADA

Two Nova Scotians tied for 61st at senior men's golf championship

Bedford's Geoff Campbell and Wolfville's Ally Tidcombe were the top Nova Scotians after the first round of the Royal Canadian Golf Association senior men's championship in Blainville, Que. Both shot 3-over 75s yesterday to hold down a share of 61st spot. **METRO HALIFAX**

9

Sports



Haligonian to play for Canada

Halifax's Jillian Saulnier was named to Canada's under-18 women's hockey team yesterday. The five-foot-four forward will join the 22-player squad for a three-game matchup against the United States from Aug. 24 to 27 in Calgary. Pictou goaltender Carmen MacDonald also cracked the roster. **METRO HALIFAX**

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Teams set for baseball championship

CANADIAN SENIOR The teams are now set for next week's Canadian senior baseball championship in Halifax and Dartmouth.

The tournament, which runs Aug. 20 to 23 at Beazley Field and Mainland Common, is being hosted by Dartmouth Moosehead Dry and features defending Nova Scotia Senior Baseball League champion Halifax Pelham Molson Canadians.

Among the eight teams visiting the area will be two clubs from New Brunswick, the Fredericton Royals and Chatham Ironmen, as well as Newfoundland's St. John's Capitals.

Also visiting are Ontario's Windsor Stars, Manitoba's Brandon Marlin's, Alberta's Fort Saskatchewan Athletics, British Columbia's Trail Orioles and Team Quebec. For more information on the championship, visit www.seniorbaseball09.ca. **METRO HALIFAX**

Halifax native wins silver medal

TRACK AND FIELD Halifax native Rachel Boyle won a silver medal in the triple jump at the Canadian Legion track and field championships in Sherbrooke, Que., on the weekend. She set a Nova Scotia juvenile record with a leap of 11.62 metres.

Boyle also won bronze in the 4x100-metre relay along with Nikkia Jones of Halifax and Juliana Blois of Dartmouth.

Halifax's Sadie Petrie won bronze in the midjet girls 3,000 metres in 10:24.35, while Lawrence-town's Matt Bellfontaine came third in the 110-metre hurdles in 14.79 seconds.

Nova Scotia finished with 14 medals, including two gold from Liverpool's Chelsea Whalen (shot put). **METRO HALIFAX**

Sports in brief

CORRECTION Action from the Parts Canada Superbike race at Atlantic Motorsport Park in Shubenacadie on Saturday will be aired on Tuesday, Sept. 15, at 2 p.m. Incorrect information appeared in yesterday's edition of Metro. **METRO HALIFAX**

East Coast advantage for N.S.?

Team Nova Scotia happy with being able to compete close to home

MATTHEW WUEST
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Team Nova Scotia only has a short bus ride to get to the Canada Summer Games — and that should be a good thing.

The Summer Games, which kick off on Saturday with the opening ceremonies in Charlottetown, P.E.I., are being hosted east of Ontario for the first time in 24 years.

"We're certainly going to have lots of support because it's convenient for family members (to make the trip), and we're not dealing with changes in time or having to acclimatize after a long flight," said Nova Scotia's chef de mission Ron O'Flaherty. "There are some significant advantages."

Nova Scotia is coming off a couple of memorable showings at the Canada Games.

The province won a record 47 medals in 2001 in London, Ont., and fell one shy of that mark — with 15 gold, 15 silver and 16 bronze — in 2005 in Regina.

Also in 2005, Nova Scotia came sixth in flag points, a system that takes into account the results of every athlete, podium or not. Fifth-place



Team Nova Scotia gathers at a pep rally for the Canada Summer Games, which open Saturday in Prince Edward Island. This will be the first time in 24 years that the event will be held east of Ontario.

Saskatchewan was within striking distance.

"Sometimes you finish out of the medals but you can still contribute to flag points," O'Flaherty said.

"Everybody's going to be working hard right until the end, and (one event) could be the difference between fifth and sixth."

Canoe-kayak athletes have historically accounted for a great deal of Nova Scotia's success at the

What's on tap

Nova Scotia will compete in the following sports in Week 1 at the Summer Games.

- Rugby
- Sailing
- Men's Soccer
- Softball
- Tennis
- Triathlon
- Beach Volleyball
- Men's Wrestling
- Basketball
- Cycling
- Diving
- Rowing

Games.

In 2005, paddlers hauled in 28 of 46 medals and had the team pushing

for a top-three finish in the medal standings after the first week.

The paddlers won't hit

the water until Week 2 this time around, but Nova Scotia could find itself pushing for a top-five team finish by the time the Games conclude on Aug. 29.

"I'm looking forward to Nova Scotia being competitive," O'Flaherty said.

"Historically, we've done well at the Games and historically, we've done well on the water. There's no reason to believe we won't do well again."

Herd get first shot at waived players

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads' last-place finish in 2008-09 isn't all bad news. It might actually help them this season.

Thanks to the second-worst finish in franchise history, the Herd gets first crack at any players waived by the QMJHL's other 17 teams during training camp. There are occasionally capable 19-year-olds sitting on the waiver wire.

The Mooseheads picked up defenceman Nick Goyens off waivers from the Moncton Wildcats two

seasons ago. He was a decent contributor, although he was kicked off the team later in the campaign for disciplinary reasons.

"Every now and then you get somebody who can come in and help you out," Mooseheads GM Cam Russell said.

The Mooseheads open training camp for their 16th season on Wednesday, Aug. 19, at Cole Harbour place.

THREE ALUMNI CONFIRMED: The Mooseheads announced yesterday that Alexandre Picard, Robbie Sutherland and Ali

MacEachern will compete in the alumni game against Halifax Regional Police. The game is Aug. 23 at 3:30 p.m. at the Forum, just before the Herd's pre-season opener.

Picard plays for the Ottawa Senators. Sutherland and MacEachern served as captains for the Mooseheads.

RIOPEL INKS NHL DEAL: Nicola Riopel, who set a handful of QMJHL records with the Moncton Wildcats last season, has reportedly signed with the Philadelphia Flyers and is not expected to return to junior for his over-age campaign.

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CENTRE FOR THE ADVANCEMENT OF BEST PRACTICES

Russian prosecutors will reopen the investigation into the death of New York Rangers draft pick Alexei Cherepanov, who collapsed during a Continental Hockey League game last year in Russia. An Investigative Committee ruled last month that team doctors were not to blame for Cherepanov's death and would face no charges. **METRO NEWS SERVICES**

Nadal's knees pass first test

Rafa returns to action as defending champ at Rogers Cup in Montreal

Rafael Nadal's tender knees passed their first test when the Spaniard returned to action yesterday in a doubles win at the Rogers Cup in Montreal.

Sidelined for more than two months with tendonitis in both knees, Nadal looked fit and showed no signs of pain as he teamed up with coach Francisco Roig to beat Serbian duo Novak Djokovic and Dusan Vemic 7-5, 6-4.

"It's great to be back and I had a lot of fun playing with Francisco," Nadal told reporters. "A win is a win and doubles is fun and important so I am

Tough draw for Canadian

• Frederic Niemeyer of Deauville, Que., advanced to the second round of the Rogers Cup yesterday with a 7-5, 6-1 upset of 39th seed Igor Kunitsyn of Russia yesterday in

Montreal.

Niemeyer, ranked 487th in the world, will now be the first opponent for top-ranked Roger Federer since he won Wimbledon on July 6.

happy about the way it went today.

"I am really looking forward to playing singles on Wednesday."

It was a positive first step in what is expected to be a testing comeback for the 23-year-old Spaniard, who opens defence of this Montreal crown with a

second round clash against either compatriot David Ferrer or Serb Viktor Troicki.

Playing his first event since being stunned in the fourth round of the French Open on May 31, much has changed for Nadal as rival Roger Federer took his French Open

and Wimbledon titles along with the world No. 1 ranking.

Federer's life has also undergone some dramatic changes.

Since capturing a record 15th grand slam singles title at Wimbledon in July, Federer and wife Mirka have become parents to twin girls, the Swiss arriving in Montreal with his family in tow.

The beaming dad said he was relishing his new parental duties, including changing diapers, but on the court the Swiss insisted he will be all business as he begins his U.S. Open build-up.

REUTERS

NASCAR Stewart Heluva Good!



Tony Stewart, driver of the No. 14 Old Spice Chevrolet, leads Kyle Busch, in the No. 18 M&M's Toyota, and Jimmie Johnson, of the No. 48 Lowe's Chevrolet, en route to winning the NASCAR Sprint Cup Series Heluva Good! Sour Cream Dips at Watkins Glen International yesterday in Watkins Glen, N.Y.

Blue Jays say adios to Rios as ChiSox make waiver claim

BASEBALL The Chicago White Sox claimed outfielder Alex Rios off waivers from Toronto, and the Blue Jays opted to rid themselves of the high-priced slugger for nothing in exchange.

"Alex Rios was claimed off waivers and we awarded that player to the White Sox," Blue Jays general manager J.P. Ricciardi said.

"Nobody came back in return. Alex gets to go to Chicago and the White Sox assume his contract. It's not from a standpoint of a financial dump, that's not the message we're trying to send here. Since we've done the contract, things have changed. This allows us some more financial flexibility to address our club going forward."

Rios is in the first year of a six-year, \$64 million extension he signed last April. **METRO NEWS SERVICES**



Alex Rios



Toronto's Vernon Wells runs safely past Yankees catcher Jose Molina last night during the Blue Jays' 5-4 win over New York at Yankee Stadium in the Bronx Borough of New York City.

Blue Jays stop Yankees win streak at 7

BASEBALL Lyle Overbay belted the tiebreaking solo homer in the fifth inning to boost Toronto to a 5-4 win over the Yankees, snapping New York's winning streak at seven games.

Aaron Hill also homered for the Blue Jays, who have won three in a row for the first time since June 21-24. Marc Rzepczynski lasted

MLB RESULTS

Toronto 5 New York 4



just 3½ innings in the start for the Blue Jays as he surrendered seven hits, includ-

ing a trio of homers, and four runs in the opener of the three-game series. Shawn Camp (1-5) earned the win by throwing 2½ innings.

Robinson Cano and Jerry Hairston Jr. hit back-to-back homers for the Yankees, who were coming off a four-game sweep of the Boston Red Sox. **METRO NEWS SERVICES**

Kane lays low after robbery charges

NHL With Patrick Kane holed up, apparently, in his parents' Buffalo home, the controversy surrounding an alleged beating of a cab driver over pocket change swirled around him.

The budding superstar must appear in a Buffalo court next Monday to face charges of felony robbery and misdemeanour counts of theft of services

and criminal mischief instead of attending the opening of Team USA's Olympic camp.

Kane has hired one of Buffalo's top lawyers, James Cambria Jr., while the victim, taxi driver Jan Radecki, hired lawyer Andrew LoTempio. Cambria and LoTempio both suggested the matter could be over with quickly.

TORSTAR NEWS SERVICES

Sports in brief

FORMULA ONE Michael Schumacher will test Ferrari's 2007 race car again this week in preparation for his return to Formula One as a replacement for the injured Felipe Massa. The seven-time world champion cannot try out this season's car before the European Grand Prix in Valencia on Aug. 23 because track testing is banned during the season.

EAGLES Philadelphia Eagles backup quarterback Kevin Kolb reportedly suffered a

sprained left MCL during practice yesterday. Kolb was hurt during a non-contact session and left the field on a cart.

MAPLE LEAFS The Toronto Maple Leafs yesterday traded goaltender Justin Pogge to the Anaheim Ducks in exchange for a conditional 2011 draft pick. Following the trade, Toronto announced the signing of free agent netminder Joey MacDonald to a one-year contract.

METRO NEWS SERVICES

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Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

New school can be a challenge

But asking questions the key to transition

BRIAN COULTON
for Metro Canada

Choosing courses, navigating an unfamiliar campus and learning a new style of schooling can be trying enough for new college and university students, let alone adapting to a new city and circle of friends.

"It can be remarkably challenging, frustrating at times, exciting, difficult ... all sorts of overwhelming feelings," said Greta Hall, student development and orientation co-ordinator at the University of Calgary.

But amid the mixture of emotions and demands affixed to the post-secondary transition, you're not on your own. Hall said the most important piece of advice she gives to new students in doubt is to ask questions.

"Every campus has resources for their students, to help them with a whole



In university or college, students are responsible for managing their own daily schedules, which means planning study time.

range of transition issues, whether it be academic, social or emotional," she said. Talking to professors or academic advisers and making use of health and wellness centres are only a few opportunities Hall recommends. "The onus is on the students, most times, to ask for the help and realize there are resources there."

Students are also respon-

sible for managing their own daily schedules, a novel task for high school graduates accustomed to the secondary school day structure.

With many students in class just 15 hours per week, Hall said they often fall into a trap where newfound freedom can lead to failure.

"As midterms and final exams start to come, it can

become very overwhelming," she said, "That's where students start to feel the crunch and panic."

To manage on-campus time effectively and dodge added stress, Robin Walker, an admissions counselor at Mount Allison University in Sackville, N.B., recommends making a personal schedule, pencilling in periods for study. "In high school, it would

have been odd to say you're going to study from 1 p.m. to 3 p.m.," she said, "but I tell students all the time to make their schedule and actually include a study period for each class they're in."

New students should also make time to get involved, said Walker, where meeting people can make for a smooth social transition in what's often a for-

eign city.

"Living in residence is a great way to meet people and kind of make instant friends," she said. "But also getting involved in extra-curricular activities and taking advantage of those opportunities to meet people and be social is really important in your first-year for post-secondary success and long-term happiness."

Tips on overcoming anxiety

RAFAEL BRUSILOV
for Metro Canada

Returning to higher education doesn't have to make you feel like a fish out of water. For some adults who go back to college or university, the anxiety and uncertainty of heading back into the classroom can sometimes feel like a nerve-racking experience.

But whether you're there to update your skills, advance your career or just stretch yourself as an individual, education can be the most rewarding gift you give yourself.

Marilyn Booth, director of the School of Continuing Studies at the University of Toronto, says the most important thing to remember is that you are going back to school on your terms.

"Your attitude towards learning can shift as you come back to school be-

cause you're making a choice to come back," Booth said.

Judith Plessis, executive director of Continuing Studies at the University of British Columbia, suggests technology has changed the landscape of social interaction and education so that adult students don't have to feel alienated from their classmates at all.

"In the past when adults went back to school, they felt a lot more isolated. Now they can go online at midnight and find a whole community they can go to," Plessis said.

If you have any sense of anxiety about going back into the classroom, Booth says you can take strength from the fact that your life experience can be a huge resource: "Remember you're not there just to get information from the instructor, you're there to share your own life experiences."

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Former child soldiers to give talk at Dal

JON TATTRIE
for Metro Canada

Three former child soldiers are coming to Halifax for a public talk on their traumatic experiences and to offer advice on how Canadians can help.

Hosted by Romeo Dal-laire's Child Soldiers Ini-

tiative, the visit will include a closed, two-day session with researchers to work on a field guide for peacekeepers encountering child soldiers.

"It's so peacekeepers have a better understanding of how to deal with them. It also means assisting with securing the release of children from

armed groups, ensuring that we are doing more in terms of preventing the recruitment and re-recruitment (of child soldiers)," says Shelly Whitman, deputy director for Dalhousie University's Centre for Foreign Policy Studies. "The ultimate goal is that we don't want (child soldiers) to exist."

Ishamael Beah, a former child soldier from Sierra Leone and the best-selling author of *A Long Way Gone: Memoirs of a Boy Soldier*, will be among the speakers. Grace Akallo, author of *Girl Soldier: A Story of Hope for Northern Uganda's Children*, will speak, as will John Kon Kelei, a former child

soldier from Sudan.

Researches will then sit privately with a total of 10 former child soldiers. "The aim of the sessions is to ask them what the international community could be doing to prevent this and to assist with getting children out," Whitman says.

From Youth Affected by

War to Advocates of Peace will be held at 7 p.m. on Aug. 27 at the Rebecca Cohn Auditorium in the Dalhousie Arts Centre. Tickets cost \$25 for students, \$32.50 for the public, with money going to the Child Soldier Initiative.

Book at artscentre.dal.ca, or via 1-800-874-1669.



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Halifax native performs in U.K.

CHRISTINA BILUK
for Metro Canada

Tomorrow, perched on the Fourth Plinth, 22 feet above Trafalgar Square, Katherine Stanley, a Halifax native, will be waving to friends and family. She's also promised to send a special hello to back to Halifax.

The Fourth Plinth is the name given to the empty plinth in the north-west corner of Trafalgar Square in London. Initially designed for a statue that was never built, the plinth has been used for a number of temporary displays. Its current use: Antony Gormley's *One & Other*.

For 2,400 hours (100 days), Gormley's volunteers will continuously occupy the spot at top of the plinth. The *One & Other* artistic display, running until Oct. 14, explores the connection between individuals.

Volunteers submit their

particulars online, and are randomly selected and assigned a one-hour time slot. Currently, there are more than 30,000 applications for the 2,400 spots. During their time slot, participants are free to express themselves in whatever format they choose. The only condition: They must remain on the plinth.

Stanley has been selected as one of the lucky participants. Born and raised in Halifax, she's a graduate of University of Kings College. Currently living in London, she has been a fan of Gormley's work, and when she saw the opportunity to be a part of it, she took it.

"I can't say what my performance is, but I consider this experience a gift from Antony Gormley," explains Stanley. "I've learned a lot about myself from preparing for this one hour, and I might like to pass along this 'gift' of self-reflection."

You don't need to be in London to watch what is

going on, as, every second is broadcast live at oneandother.co.uk. Stanley's performance will begin on tomorrow at 3 a.m. AST. If you miss it, there is an archive online of past performances.

There will be a few Haligonians in the crowd cheering on Stanley. She is a member of the European Kings Alumni Branch. The group has 200 members reaching across Europe, with a vast number of them living in the London-Oxford corridor.

"We are incredibly proud of Katherine," explains Chris MacNeil, current branch president. "We love being able to connect with our roots in Atlantic Canada."

The group invites anyone living or visiting Europe from Atlantic Canada to contact them. They are eager to extend invitations to events and let people know about interesting projects, like Katherine's, that they can view while there.

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Learning Curve is a monthly feature that focuses on education and student life.

learning curve **13**



Children who watched TV while eating consumed 228 calories more than those who didn't, a recent study found.

Kids eat more while watching TV: Study

RICHARD WOODBURY
for Metro Canada



A recent study shows when children watch TV while eating, they eat more.

The study was able to show for the first time the signals the body sends people to tell them to stop eating and that they are full are overridden by watching TV at mealtime, says Dr. Nick Bellissimo, a co-author of the study.

The study was done at the University of Toronto, but Bellissimo is now an assistant professor at Mount Saint Vincent University. Fourteen boys between

the ages of nine and 14 participated in the four-session study. The kids were given a sweetened beverage on two of the occasions and a calorie-free drink on the other two occasions, about 30 minutes before the meal. Pizza was the meal and The Simpsons was the TV show. The kids watched TV on two of the occasions and didn't watch TV on the other two.

Those who watched TV when eating consumed 228 calories more.

That works out to a piece and a half more of three-cheese pizza.

The kids that consumed the sweetened beverage and didn't watch TV ate

the least. This finding shatters the perception that sweetened beverages contribute to obesity and shows that sweetened beverages are appetite suppressants.

"If there's 200 calories in that beverage, they tend to eat 200 less calories at the next meal. It actually does spoil your appetite."

The inspiration for the study came from the lack of experimental work being done on the topic, says Bellissimo. The existing work on the topic was derived from questionnaires, which he says is quite different from performing an experimental study where you "actually demonstrate this happened."

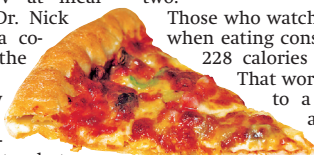
He says that to make progress with solving childhood obesity, we

need to move to evidence-based decisions.

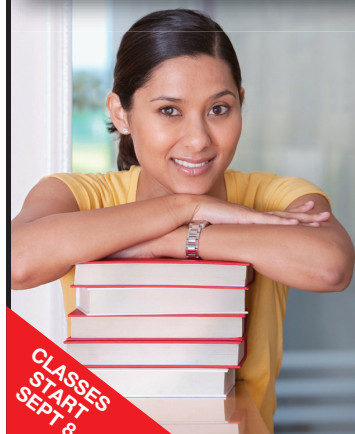
"In order for us to make recommendations to children, we need to understand how foods and food components affect food intake in children. We simply can't take what we think, what we see works in adults and apply it to children. Kids are not a miniature version of adults."

The study was done on boys and Bellissimo says they've continued the experiment with a set of girls. He says they're finding very similar results in girls, but couldn't elaborate beyond that at this point of time.

And what TV show are the girls watching for the experiment? Hannah Montana.



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Go for a light kiss

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Help stop sex slavery

Former victim Somaly Mam launches three-year campaign

CELIA MILNE
For Metro Canada



Somaly Mam is a stunning and effervescent international activist. But it wasn't always thus.

She was born into a life of poverty in Mondulakiri province, Cambodia. Abandoned by her parents, she was sold by a man posing as her grandfather into sexual slavery.

She doesn't know how old she was (she guesses 12 or 13), or what her name was when she was forced to work as a prostitute. She and the other girls in the brothel were tortured and manipulated. They felt scared and trapped. "When you are in the brothel, you never have the idea to get out. Who will help me? It is not easy to get out," she tells Metro in a phone interview. "I know what is painful — when you need someone to hold you but no one does."

Mam observed something unimaginably horrible. "One day my friend was killed in front of me," she says. Watching a friend being murdered by a pimp was so terrifying for the young Mam that she ran away. She vowed that day she would make



Somaly Mam, one of TIME Magazine's 100 Most Influential People of 2009, is the founder of The Somaly Mam Foundation — dedicated to fighting the human trafficking industry.

"(I wish for) a world without trafficking of sex slaves. A world with love."

Somaly Mam, activist and founder of The Somaly Mam Foundation

preventing such atrocities her life's work.

Mam is now a world-renowned activist and the lifeblood of the Somaly Mam Foundation, which provides rescue and rehabilitation services to girls who are victims of sex slavery in Cambodia, Laos and Thailand. The Foundation has saved 3,000

girls since its founding in 1996.

Now everyday Canadians can help too. The Body Shop has teamed up with the Somaly Mam Foundation in a three-year campaign to prevent the trafficking of girls and young people for sexual purposes. The other partner is Beyond Borders, the Canadian link in the international group End Child Prostitution, Child Pornography and Trafficking of Children for Sexual Purposes (EPCAT).

It is estimated that mil-

lions of children worldwide, like Mam, are trafficked for sexual exploitation. Traffickers prey on children and young people to meet the sexual demands of pedophiles and people who pay for sex. Some traffickers are part of organized criminal networks.

The Body Shop in 60 countries is selling products such as Soft Hands Kind Heart lotion to benefit these organizations. Some of the proceeds go directly to Mam's shelters. "I have more than 200 girls to feed every day in shelters. Now I have hope," she says.

What does she wish for? "A world without trafficking of sex slaves. A world with love."

Teenage sexual angst

The J Spot

Josey Vogels

metronews.ca/thejspot



If there's one lesson young women everywhere learned from John Hughes films it's this: Don't give a boy your underpants. Ever.

As you've no doubt heard by now, director John Hughes, the master of some of the most influential teenage drama films of our,

at least of my,

generation —

Pretty in

Pink, Six-

teen Can-

dles, The

Breakfast

Club, Ferris

Bueller's Day

Off — died last

week of a heart at-

tack at age 59.

Hughes created a world run by teens (do adults really matter when you're a teen, after all?). There was less sex farce and more true sexual angst than we see in today's teen sex comedy/dramas (American Pie anyone?). He had a way of captivating that fleeting period (of course, at the time, it feels it will never end) when your emotions in all their overly dramatic, roller coaster glory completely dictate your entire life.

He reflected the hierarchy of teen social life — cool people rule, geeks are outcasts, the girls always went for the yuppies or the bad boy while the nerdy-but-nice boys were left on

the sidelines.

But he also exposed the vulnerability of this hierarchy and cracked teenage life open to show us what it was really about, that is, a bunch of insecure, inexperienced, sexually curious young people jostling for social position and acceptance. Without making it too realistic, which would just be depressing (watch the documentary Kids, and you'll know what I mean).

After all, no teen in real life would say what Andrew McCarthy's preppy rich-boy character, Blane, says to

Molly Ringwald's char-

acter, Andie, a girl

generation —

from the "wrong

side of the

tracks" in

1986's Pretty

in Pink: "You

said you could-

n't be with

someone who

didn't believe in

you. Well I believed in

myself. I love you. Always."

By making teenage life more exaggerated, funnier, and more entertaining, Hughes' allowed us to shudder at the pain but ultimately to laugh at the absurdity of it all.

Which is perhaps why it is still so satisfying to watch these films as an adult. As a teen, you're too busy being a sexually confused, angst-ridden, insecure teenager to really appreciate the perspective he offered.

As an adult, you've made it through to the other side.

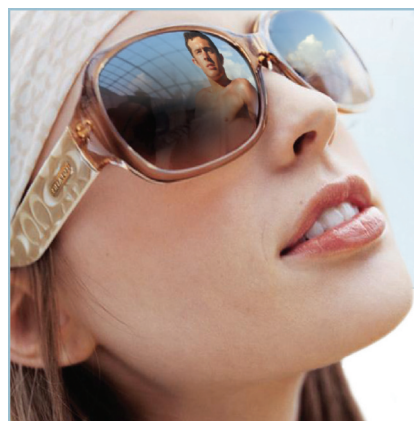
Though I still wouldn't give a boy my underpants.

Prostitution among chimps? Read Josey's blog online at metronews.ca/blog

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Chou as the chauffeur

Following Stephen Chow's departure, the Kato-shaped gap in Michel Gondry's *Green Hornet* has now been filled, says *Variety*. Jay Chou will fill Bruce Lee's shoes as the chauffeur, alongside Seth Rogen as the titular vigilante newspaper tycoon. EMPIREONLINE.COM

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Entertainment



Demon socialite

Paris Hilton is set to guest star in an episode of *Supernatural*. "Paris Hilton is playing a demonic creature that takes the form of ... Paris Hilton," said creator and executive producer Eric Kripke. TVGUIDE.COM

EDITOR: DEAN.LISK@METRONWS.CA

DVD picks

I Love You, Man

Director: John Hamburg

MOST STRAIGHT MALES would sooner skinny dip with sharks than admit to a "bromance," which to them implies weakness or — horrors! — latent homosexuality.

I Love You, Man takes this Freudian courtship to comic extremes with the odd-couple pairing of uptight realtor Peter (Paul Rudd) and his free-ranging pal Sydney (Jason Segel).

Peter realizes he has no close male buddy to be best man for his upcoming wedding to the fetching Zoey (Rashida Jones of *TV's The Office*).

A chance meeting with Sydney at an open house for Lou Ferrigno's L.A. mansion (Hulk jokes, ahoy!) opens a new world for Peter. The duo quickly bond over matters of sex, canine defecation, food and alcohol and Toronto's own Rush, a.k.a. "The Holy Trinity." Zoey starts to get jealous, Lord knows why.

It's a one-joke pony, but director John Hamburg (*Along Came Polly*) and his screenwriters manage to stretch it to nearly two hours of hilarity and quasi-profundity.

Extras include extended and deleted scenes, a commentary by Hamburg, Rudd and Segel, a making-of featurette and a gag reel.

17 Again

Director: Burr Steers

IN 17 AGAIN, which makes Xerxes look original, Zac Efron once again plays a high school basketball star torn between love and glory. All you need are a few catchy tunes and you'd have *High School Musical 4*.

The hook this time, familiar to anyone who saw *Big, Freaky Friday*, *13 Going on 30*, *Peggy Sue Got Married* or innumerable other body-swap fantasies, is that the teen is an adult in disguise.

Efron's Mike O'Donnell is the transformed version of Matthew Perry's Mike O'Donnell, a middle-aged pharmaceutical salesman whose life took a bad turn in 1989, when he was a high school hoops star. He abandoned a championship game to run after his pregnant girlfriend (Allison Miller). Twenty years later, Mike is about to divorce that same girl and he's got a son and daughter in high school (Sterling Knight and Gossip Girl's Michelle Trachtenberg), who both hate him.

Enter a mysterious janitor who — presto! — magically transforms Mike back into his sleek bod of 17, allowing him either to make amends or screw things up even worse than before. Rinse and repeat.

Peter Howell/for Metro Canada

One step at a time

So You Think You Can Dance Canada ready for showtime

BRIAN COULTON
for Metro Canada

When So You Think You Can Dance Canada host Leah Miller saw show winner Nico Archambault audition for the program in Montreal, an inkling surfaced within her that said, "He could win this."

"He was a real standout," she said. But after viewing many auditions for the show's second season — including dancers in genres absent last year — Miller maintains the quality is so high, it's anybody's game.

The televised dance competition's second season kicks off with a two-night premiere, airing over four hours tonight and tomorrow on CTV. The launch will showcase auditions held in Toronto, Vancouver and Saint John, N.B., earlier this year, before heading to Montreal and Edmonton next week.

High quality means there's no time to show "bad talent," said Miller, which she marks as the leading difference between the show's Canadian and American editions.

"We don't really have people who show up that just want to be on TV," she said. "The people that come, even if they aren't as talented or technically trained, really believe



Leah Miller hosts *So You Think You Can Dance Canada* tonight and tomorrow on CTV.

So You Think You Can Dance Canada airs tonight and tomorrow on CTV.

they're good and they're passionate about it. Some of them are from small towns that don't have dance studios and they learned how to dance from watching videos and YouTube."

Regardless of the back-

ground of the dancers who advance, however, returning judge Tré Armstrong said she won't hesitate to bluntly speak her mind to contestants during weekly episodes.

"Sometimes you've got to take it in a harsh way, where you take all the fluff out and just tell it how it is," she said. "I'll always be caring, but at the same

"Anybody who's going to be in the top 20 has to get ready for their life to change a little bit, but in a good way."

Leah Miller

time, people only learn from being told the truth."

Her motto this season is, "If you don't grow, you may not go." But aside from maturation as dancers, she said the new round of rug-cutters must learn to deal with cameras following their every lock step and walk, and drop their guards early on.

"You can't wait for this growth epiphany to necessarily hit you in the top eight week because you may only get to the top 16," she said. "You have to let go and be yourself full-out. It sounds redundant, but that is what can win the show."

But judging by the success of some first season finalists — Miles Faber landed a co-starring role in an MTV film, Natalli Reznik was to backup dance for Michael Jackson's tour before his death and Tamina Pollack-Paris danced with Lady Gaga at June's MuchMusic Video Awards — dancers need not come in first to flourish.

Said Miller, "Anybody who's going to be in the top 20 has to get ready for their life to change a little bit, but in a good way."

Lil Wayne protege a rare female rapper

Nicki Minaj often describes herself as a Barbie doll. But don't let the cute moniker fool you. Minaj's aggressive flow and fearless wordplay have pegged her as a rising star within Lil Wayne's Young Money crew.

The 23-year-old rapper is currently displaying her buzzed-about MC skills on Young Money Presents: America's Most Wanted Music Festival. The 32-date tour, running through Sept. 6, is headlined by

Wayne and features Young Jeezy, Soulja Boy, Tell'Em, Pleasure P, Jeremih and the Young Money camp.

"The lack of female rappers has in some ways made it easier to come up because now there's an open lane for me," Minaj says. "I salute the female rappers who came before me, but it's my time now."

Minaj's third Young Money Entertainment mixtape, *Beam Me Up Scotty*, features guest spots by rising Canadian rapper Drake

(who was on the Wanted tour before injuring his knee), Busta Rhymes and Gucci Mane. Despite the set's impressive list of collaborators, Minaj remains in the foreground and displays a unique female persona in a male-dominated genre.

For the past two years, Minaj has foregone a major-label deal and a formal debut album in order to establish her fan base. Appearances on a handful of high-profile remixes, from

Wyclef Jean's *Sweetest Girl to Drake's* chart-topping *Best I Ever Had*, have caught the attention of hip-hop enthusiasts.

"We're establishing her online first," says Portia Kirkland, VP of marketing at Minaj's production company Mizay Entertainment. "Nicki always stays in touch with her fans through Twitter, MySpace and blogging. We didn't position her as music but as a lifestyle."

Though not yet attached

to a label deal, Minaj is recording a debut album

Nicki Minaj



that she hopes to release early next year. Her main focus now is on the Wanted tour and impressing arena-sized crowds. "It's intimidating 30 seconds before I go onstage," Minaj says. "But once I'm out there, it's all gone. I'm the fearless Barbie doll."

REUTERS



Director Peter Farrelly gave The Boston Globe a little tidbit of news about his planned Three Stooges film: Namely, that Paul Giamatti, shown, will be stepping into the role of Larry, originally set for Sean Penn. **EMPIREONLINE.COM**

Macca closer to reclaiming copyright

MUSIC In nine short years, Paul McCartney will hit the jackpot again.

The 67-year-old former Beatle — already worth about 440 million pounds



McCartney

(\$737 million) — will be able to start reclaiming the copyrights to the lucrative Beatles catalogue.

He and John Lennon, the Fab Four's primary songwriters, lost control of the catalogue as the band was falling apart. All but a handful of Beatles copyrights eventually ended up with Michael Jackson.

The U.S. Copyright Act of 1976 gave songwriters the ability to recapture the publishing share of the copyright on pre-1978 works after two consecutive 28-year terms. That means Beatles compositions registered in 1962 will be eligible for reversion in the United States in 2018, while songs written in 1970 will be eligible in 2026.

REUTERS

Buskers try their luck

Want a spot at Edinburgh's Fringe fest? Win the lottery

Before the jugglers, acrobats and comedians hit the streets of the Scottish capital to busk at the Edinburgh Fringe Festival there's morning coffee, a chat among colleagues and the lottery.

The three-week long Fringe welcomes street performers of every type to provide the raucous carnival atmosphere, from young men dressed as poppies to high-flying acrobats who have honed their skills for years. But providing space for the top street acts is a carefully managed process.

Hundreds of buskers and street troupes coming to perform at Edinburgh must apply to the Fringe based on their abilities to hold the attention of an audience by size and time to sort out which spaces are suitable.

Then they must enter their names in a lottery for the chance to have the best spots for drawing crowds and earning money.

"It's one of the few jobs



The Xian Cultural Art were among the many performers who took part in the Edinburgh Fringe Festival's Cavalcade Saturday.

where a lottery defines your daily work rate," street comedian Herbie Treehead said.

Treehead, who has been performing at the Fringe

for 21 years, told Reuters the lottery system was devised by the performers and run by the Fringe to parcel out the best spaces at the world's biggest open

"It's one of the few jobs where a lottery defines your daily work rate."

Street comedian
Herbie Treehead

access arts festival.

Just off the city's Royal Mile in a quiet square down a cobbled stone lane top performers turn up for the lottery each day at 10 a.m..

To be eligible for a shot at one of the 4-5 most coveted 45 minute spots, the acts must demonstrate they can hold the attention of a large audience. Fringe officials then draw names from a hat.

But the lottery is not the only hurdle for the jugglers, acrobats, comedians and slapstick artists of the street who, since last year, must arrange for their own insurance and pay a 50 pound (\$83.81 US) administration fee for the right to perform.

REUTERS

In brief

CAMPAIGN The CW is again diving into text-message short-hand for its latest provocative ad campaign. To promote Season 3 of Gossip Girl, the network launched a campaign yesterday to get its young viewers saying WTF. But here's the twist: During on-air ads, WTF is revealed by the network to stand for "Watch This Fall."

CASTING Tom Cruise's son Connor, 14, is among the newest Wolverines to join the remake of Red Dawn, the 1984 action movie about a group of teens who form an insurgency when their town is invaded.

FILM Hilary Duff is teaming with ABC Family for The Business of Falling in Love, a romantic comedy based on the book Diary of a Working Girl, by Daniella Brodsky.

REUTERS

Kenya'sStyle

Kenya Hunt

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8/11/09	31	31	31	ABC News Center 5	ABC Wild News	Inside Edition	Chronicle	Who Wants to Be a Millionaire	Better Off Ted	Better Off Ted	Primetime	
	7	7	7	ASN The Road to Avonlea	Instant Star	TMZ (N)	America's Got Talent	America's Got Talent (HDTV) (Live)	CBC News: The National	The Hour		
	11	11	11	CBC Coronation St.	Jeopardy!	Rick Mercer	Being Erica (DVS)	Bons baisers de France (SC)	Le Téléjournal			
	2	2	2	CBC-F Dre Grey, leçons d'anatomie	Des saquelettes	Tout	Beautés désempées (N) (SC)	(10:01) Big Brother 11	Medium			
	32	32	32	CBS WBZ News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Dead Reckoning"	Las Vegas (SC)	TV 22 heures		
	69	69	69	CFTM TVA 18 heures	Sûreté-salé	Qui perle gagne (SC)	Fort Boyard (SC)	(10:01) Big Brother 11	News Final (N)			
	6	6	6	CHIF Entertainment	ET Canada	The Unit "Inside Out"	NCIS "Dead Reckoning"	Flashpoint (DVS)				
	9	9	9	CJCH etalk	Hollywood	So You Think You Can Dance Canada (N)	Podium TV	EastLink Television				
	10	10	10	ELTV (6) EastLink Television				More to Love (N)	Fox First			
	36	36	36	FOX Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Hell's Kitchen (N)	America's Got Talent (HDTV) (Live)	Cubers		
	12	12	12	NBC News (N)	NBC News	Extra (N)	Extra (N)	CBC News: The National	Nova scienceNOW	Amusemnt		
	29	29	29	NW World News	Business	CBC News	Mansbridge	The Hour	Génération séduction	Market Call		
	4	4	4	PBS-B NewsHour With Jim Lehrer	Business	Greater Boston	La Plaza-Maria	Nova	Larry King Live (N)	Cooper 360		
	35	35	35	PBS-D NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Motor City Memories	(10:15) Chris Botti in Boston	Piégé Zézé			
	68	68	68	TQS Rire et délire	Chemin du golf	Catherine (SC)	Crisse Angel	Lipstick Jungle (SC)	Taking Stock			
	26	26	26	BNN Business News	Headline	Market Call	Commodities	Workopolis TV	Market Call			
	18	18	18	CNN Situation Room- Wolf Blitzer		Lou Dobbs Tonight		Campbell Brown (N)				
	54	54	54	GOLF Live From the PGA Championship	(Live)	Golf	The Approach	Live From the PGA Championship				
	52	52	52	RSE Sportsnet Con.	Jays	MLB Baseball Toronto Blue Jays at New York Yankees. (HDTV) (Live)						
	55	55	55	SCOR HSR		Cabby Unlimit	Score Update	Poker	Super Bikes!	Super Bikes!		
	45	45	45	SPD Unique Whips		Pimp My Ride	Pass Time	Pimp My Ride				
	53	53	53	TSN Off the Record	SportsCentre	ATP Tennis Rogers Cup -- Early Round. (HDTV) From Montreal. (Live)						
	43	43	43	FAM Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	44	44	44	TOON Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	Futurama	American Dad	Robot Chicken	
	26	26	26	TREE Wonder Pets	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch
	27	27	27	YTV iCarly	Drake & Josh	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach
	16	16	16	A&E The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner
	70	70	70	APTN APTN National News (N)		Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	Beauty Shop *** (2005, Comedy)	Queen Latifah	Tiny & Toya
	50	50	50	BET 106 & Park: BET's Top 10 Live				Live at the Rehearsal Hall	Scotty Moore & Friends: A Tribute to the King	Reba	Hope & Faith	Hot Box (N)
	37	37	37	BRVO Wind at My Back		Lord of the Rings Symphony		Home Improve.	Home Improve.	The Simpsons	South Park	Police Videos
	25	25	25	CMT Cross Canada Countdown		Air Farce	22 Minutes	Corner Gas	Corner Gas	Killer Forensics	Deadliest	House Hunters
	49	49	49	COM Laughs	Comedy Now	World's Wildest Police Videos	Daylight	Cops Uncut	Dumb Criminal	Against the Elements (N)	Genevieve	NCIS
	153	153	153	COURT Killer Next Door		Jetstream "Dream Killer"	Daylight	How It's Made	How It's Made	Against the Elements (N)	Genevieve	NCIS
	38	38	38	DISC Jetstream "Dream Killer"		House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	To Build a Nation	Greek "Barely Legal"	Video on Trial
	48	48	48	HGTV Holmes on Homes		NCIS "Trojan Horse"	One Tree Hill	Degrassi: TNG	Instant Star	Celebrity Rehab With Dr. Drew	Burn After Reading *** (2008)	Entourage
	46	46	46	HIST To Build a Nation		The Daily Fix		Ranked!		Survivorman Costa Rica.		Ghost Hunters
	17	17	17	MM Greek "Barely Legal"		Forgetting Sarah Marshall (2008, Romance-Comedy)		Bounty Hunter	Bounty Hunter	Survivorman Costa Rica.		Seinfeld
	19	19	19	MMM mmtop10.ca		MLB Baseball Washington Nationals at Atlanta Braves. From Turner Field in Atlanta.						
	201	201	201	M1 (6:30) Frontrunners								
	48	48	48	OLN Mantracker								
	51	51	51	PEACH Seinfeld	Friends							
	206	206	206	PIX (6:30) Monty Python's The Meaning of Life								
	67	67	67	RDI on direct RDI on direct								
	39	39	39	SHOW Trailer Park	Trailer Park	The Outer Limits	Painkiller Jane	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Poor	Ghost Hunters	
	40	40	40	SLICE Chic Couples	Skin Deep	Skin Deep	Til Debt-Part	Star Trek: Voyager	Star Wars V: The Empire Strikes Back (1980)	Look-A-Like	Look-A-Like	Tonight Show
	47	47	47	SPACE Stargate SG-1 (DVS)						18 Kids-Count	18 Kids-Count	Ultimate Cake
	14	14	14	SPIKE Star Wars V: The Empire Strikes Back *** (1980, Science Fiction) Mark Hamill.						Are You Smarter		Expression
	98	98	98	STAR etalk	Hollywood	The Ellen DeGeneres Show	TMZ (N)	etalk	Quantum Leap	5 Seekers	Ghostly Enc.	
	21	21	21	TLC What Not to Wear		Cake Boss	Cake Boss	Jon & Kate	The Closer "Next of Kin"	Style by Jory	Style by Jory	They Come
	56	56	56	TROP Office Temps		Power Play	Zoom animal	Faut pas rêver	90210 "Life's a Drag"			
	20	20	20	TVS Que-champion	Journal de Fr2							
	28	28	28	V Doc		Murder, She Wrote	Judging Amy	Divine Design: Bathroom				
	60	60	60	VIVA Da Vinci's Inquest		Style by Jory	Friends					
	22	22	22	W Style by Jory	Evening News	Two/Half Men	Family Guy					
	251	251	251	WGN Be-Millionaire								

critics'corner

So You Think You Can Dance Canada

The contestants have gotten sharper, according to judge Jean Marc Genereux, who returns for the second season of Canada's homegrown dance competition along with fellow judge Tre Armstrong, rotating third judges Blake McGrath and Luther Brown, and host Leah Miller. 8 PM on CJCH



Being Erica

Hey, it worked for Marty McFly. When Erica's (Erin Karpluk) already-rocky relationship with her mother takes a turn for the worse, Dr. Tom (Michael Riley) sends her back in time to reconnect with a younger version of her mom. The experience gives her fresh insights into who Barbara Strange really is — as a person, not just as a parent. 9 PM on CBC

Scotty Moore & Friends: A Tribute to the King of Rock and Roll

Who's Scotty Moore? Ask the nearest Elvis Presley fan. Tennessee-born Moore is a guitarist who played with Elvis back in the day, starting with his first hit, "That's All Right (Mama)" in 1954. In this special, Moore gathers some other musical legends to perform Presley's music, including Eric Clapton, David Gilmour, Mark Knopfler, Ron Wood and Bill Wyman. 10 PM on BRAVO

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- Taylor Swift - You Belong With Me
- Pitbull - Hotel Room Service
- Stereos - Summer Girls
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WITTNAUER
SWISS





It's another boy for Elisabeth Hasselbeck and her husband of seven years, former NFL quarterback Tim Hasselbeck. The 32-year-old View co-host welcomed son Isaiah Timothy on Sunday in New York City, people.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

Miley gets saucy at Teen Choice

SHORT SHORTS Miley Cyrus is courting controversy again after her performance at the Teen Choice Awards. The Disney star, who snagged six awards, performed her new single, Party in the USA, dressed in super-short shorts and black leather boots while dancing provocatively around a pole mounted on top of an ice cream cart.

METRO WORLD NEWS

Michael finally laid to rest in L.A.?

CLOSURE Michael Jackson's body has finally been laid to rest, sources tell the Daily Mirror. His burial took place with no fanfare at the Forest Lawn Memorial Cemetery in the Hollywood Hills, and his family wants to keep the location of the grave a secret.

"Other than the Jackson family and the management at Forest Lawn, no one knows the exact spot," a source told the paper. "Staff at the cemetery have been fed several different locations. It's as if

they are hoping to confuse everyone so it can't leak out."

As well, longtime Jackson friend Mark Lester is not the father of Jackson's daughter, nor is he claiming paternity, despite a tabloid report that says Lester is Paris Jackson's biological dad, sources tell People.

Sources very close to

the Jackson family say that Lester donated sperm for Jackson and is a longtime friend, but he has never claimed to be the father of Paris, 11.

Jackson family attorney Londell McMillan adds that the story is an unproven and meaningless claim, and the probate court has no reason to go against its finding that

the late star is father to all three of his kids.

"These are just merely claims with no legal standing whatsoever," McMillan told People.

Sources say Lester, 51, best known for starring in the Oscar-winning classic Oliver!, and Jackson are longtime friends, and Lester did donate sperm for Jackson — although one source says the timing doesn't line up for that sperm to have been used to conceive Paris.

METRO NEWS SERVICES

Dancing with the Stars wants Paula

JOB OFFER She might be out at American Idol, but Dancing with the Stars is ready to take Paula Abdul. ABC president Steve McPherson admitted the reality show would love to add her to its panel.

"I think she's a huge talent. There's a sensitivity and an empathy that balances out Idol, and we'd love to get a piece of that."

METRO WORLD NEWS

'So much has changed': Kate

OPENING UP In her first interview since separating from her husband Jon in June, reality TV star Kate Gosselin says she is hurt by her ex's recent flings, usmagazine.com reports.

Asked about Jon's girlfriend Hailey Glassman, Gosselin told Meredith Vieira on Monday's Today show, "I was shocked, but those things ... to be very

honest, that's his life and they don't affect me directly at this point.

"It is hurtful. It's very hurtful," she went on. "To be very honest, the most hurtful part is when his decisions directly af-

fect our children. That's the hardest part for me."

She added: "I go back very often to our vow renewal in Hawaii. I think very often of it, and in that moment, I meant those vows. And there was no option for us other than to be together. And so much has changed."

METRO NEWS SERVICES

Mercury talk verboten: Piven

TRUTH TO EVERY JOKE? Note to wisecracking actors who might find themselves around Entourage star Jeremy Piven: Don't mention that whole mercury-poisoning thing, popeater.com advises. The website reports ex-Saturday Night Live star Chris Kattan apparently got a dose of Piven's rage behind the scenes at MTV's It's On With Alexa Chung last week.

According to the NY Daily News, the pair got into a shouting match when

Kattan, at MTV to promote the IFC series Bollywood Hero, snapped to Piven, "So, what are you here to promote, your Broadway play?," referring to Piven's excuse that he had mercury poisoning when he left the show Speed the Plow in December.

Piven responded with a dig at Kattan's best-known character on SNL:

"Well, what are you here to promote? Mango?"

All the while, Kattan believed they were just two guys having a laugh.

"After some back and forth, Jeremy said something really personal to Chris that basically attacked his career," said one witness. "He said 'Whoa, man — I thought we were just fooling around here.'"

To which Piven allegedly responded: "I'm getting sued for that s—t ... It's not funny."

METRO NEWS SERVICES

What if you woke up and you were 20 years younger?

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(ALLIANCEFILMS.COM)

Elle mag blacklists Lindsay

OUCH Lindsay Lohan may be winning praise from director Robert Rodriguez for their current project, Machete, but not everyone has warmed to the troubled starlet.

Lorain Candy, the editor-in-chief of Elle U.K., was apparently so

displeased with Lohan's behaviour at a recent photo shoot that the actress probably won't appear in its pages again.

"This was the most unpredictable and confusing shoot in my magazine career," she wrote in the new issue.

METRO WORLD NEWS

Kathy and Levi, odd couple

UNLIKELY PAIR Kathy Griffin landed herself a sweet date to the 2009 Teen Choice Awards: Levi Johnston, the father of former Alaska governor Sarah Palin's grandson, popeater.com reports.

The 48-year-old

comedienne showed up on the awards show's red carpet with the 19-year-old on her arm. They held hands and strutted around, and Johnston even gave Griffin a smooch on the cheek.

METRO NEWS SERVICES

Kelly not bothered by weight gain

SELF ESTEEM Talk all you want about Kelly Clarkson's weight — the Grammy winner says she's happy and secure with the way she looks. tvguide.com

"When people talk about my weight, I'm like, 'You seem to have a problem with it; I don't,'" she told Self magazine. "I'm fine! I've never felt uncomfortable on the red carpet or anything."

The original American Idol has rocked a fuller figure lately, attracting a swarm of negative comments from the media and blogs. Clarkson says she's aware of her fluctuating size because "my happy weight changes."

"Sometimes

I eat more; sometimes I play more. I'll be different sizes all the time," she said.

METRO NEWS SERVICES



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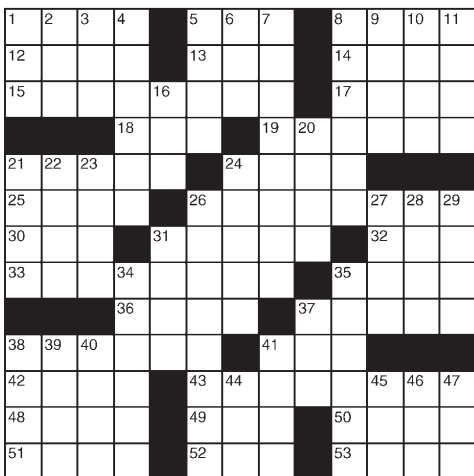
The Time Traveler's Wife

IN THEATRES AUGUST 14



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Send forth
- 5 Radio watchdog org.
- 8 Tarzan's mate
- 12 Exposed
- 13 Blunder
- 14 Reed instrument
- 15 Shiner
- 17 Get better
- 18 Smack
- 19 Carelessness?
- 21 Alley "oops"?
- 24 Fed
- 25 Great Lake
- 26 Haughty sort
- 30 In medias —
- 31 Audit, perhaps
- 32 Literary collection
- 33 Decorative cutout
- 35 Eccentricity
- 36 "We'll tak' — o' kindness yet"
- 37 Tennessee county
- 38 Palin's bailiwick
- 41 Awful

- 42 Society newbies
- 43 Yuletide refrain words
- 48 Sandwich shop
- 49 Poolroom stick
- 50 Con
- 51 Terrier type
- 52 Shrill bark
- 53 — moss

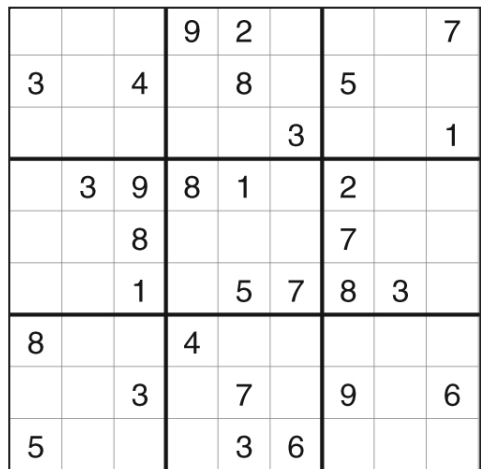
DOWN

- 1 Recede
- 2 — de mer
- 3 Playwright
- 4 Computer fixer
- 5 Yard portions
- 6 Weep
- 7 Slapstick missile
- 8 One of the Bachs
- 9 Help a crook
- 10 Ark builder
- 11 Slithery
- 16 Tool set
- 20 Analgesic target
- 21 Antitoxins
- 22 Get ready quickly?
- 23 Sylvester's impediment
- 24 Rose
- 26 Spiciness
- 27 Prison
- 28 Hathaway or Heche
- 29 Tibetan herd
- 31 Ailing
- 34 Dog of film and TV
- 35 Abduct
- 37 Cowboy's sweetie
- 38 Tosses in
- 39 Onionlike vegetable
- 40 With skill
- 41 Gridlock sound
- 44 Overseas agreement?
- 45 Inseparable
- 46 Greek vowel
- 47 Torched

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	8	6	3	5	1	4	9	7
3	4	1	9	7	6	5	2	8
7	9	5	4	2	8	6	1	3
8	2	3	1	9	5	7	6	4
9	1	7	6	4	3	8	5	2
6	5	4	7	8	2	9	3	1
1	6	8	5	3	7	2	4	9
4	3	2	8	6	9	1	7	5
5	7	9	2	1	4	3	8	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Baked Chicken with Tomatoes

INGREDIENTS:

- 1 egg
- 1/2 tsp (2 ml) salt
- 1/2 cup (125 ml) toasted Brazil nuts or blanched almonds, finely chopped
- 1/3 cup (75 ml) wheat germ
- 4 boneless skinless chicken breasts
- 2 tbsp (25 ml) olive oil
- 2 cups (500 ml) grape or cherry tomatoes, halved
- 1 tsp (5 ml) dried basil

METHOD:

1. Preheat oven to 425 F (220 C). Coat a baking sheet with cooking spray.
2. Place egg and salt in a shallow dish and whisk with 1 tbsp (15 ml) water. In another shallow dish, combine nuts and wheat

germ. Dip chicken breasts into egg and then nut mixture.

3. Place on baking sheet and coat with cooking spray. Bake, turning once, 15 to 20 minutes (depending on thickness) or until cooked through and crispy.

4. Meanwhile, heat oil in large skillet over medium-high heat. Add tomatoes and basil; cook until just browned, 3 minutes. Serve with chicken.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
A breakthrough of some kind is likely today, and although there may be a price to pay for your good fortune you will consider it worthwhile.

LIBRA

SEPT 23-OCT 23
Something that has been keeping you awake with worry until the early hours needs to be dealt with or you may never catch up on your beauty sleep.

TAURUS

APRIL 21-MAY 21
You will need the support of family members and other relatives for what you are planning because you won't get far without it.

SCORPIO

OCT 24-NOV 22
Today's Mars-Saturn link-up makes you determined to let people in positions of authority know you are special. This is no time to be modest.

GEMINI

MAY 22-JUNE 21
If you want to change your life for the better you have got to stop wasting so much of your time on so many irrelevant activities.

SAGITTARIUS

NOV 23-DEC 21
Voices will be raised and tempers will be lost today — that's inevitable — but with the right attitude most of the uproar will pass over your head.

CANCER

JUNE 22-JULY 22
You will be much quicker off the mark today than you have been of late and if you see a chance to make money you won't hesitate in the slightest.

CAPRICORN

DEC 22-JAN 20
Some people will always refuse to see sense, no matter what the facts are. It may be tempting to show up one such person today, but why bother?

LEO

JULY 23-AUG 23
It may feel as if you can take on the world and win but that's more likely to be true if you resist the urge to scatter your energy in all directions.

AQUARIUS

JAN 21-FEB 18
You'll be hugely energetic today but you'll also be limited in what you can do, most likely because you don't have the resources to follow through.

VIRGO

AUG 24-SEPT 22
Once again you're paying too much attention to what others say and not enough to what your heart tells you. Just listen to and act on your instincts.

PISCES

FEB 19-MARCH 20
You may find it hard to understand why something is taking so long but getting hot under the collar about it won't change a thing. Be patient.

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WORDY GURDY

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words like FAT CAT and DOUBLE TROUBLE, and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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- Monetarily penalize actor Kevin (1)
- Courageous, dishonest person (1)
- Is missing some royal flush cards (1)
- "Move faster, comic actor Bill!" (2)
- Underground chamber pub (2)
- Kind, good-natured domestic servant (3)
- Bombarded a large, spotted African cat (2)

ANSWERS
1. FAT CAT 2. DOUBLE TROUBLE 3. LUCKY CAT 4. FASTER PETER 5. CAT PASTRY 6. DOMESTIC SERVANT 7. SPOTTED LEOPARD

Today in history

AUG. 11, 1929: Babe Ruth becomes the first baseball player to hit 500 home runs in his career with a home run at League Park in Cleveland, Ohio.

AUG. 11, 1965: Race riots (the Watts riots) begin in Watts area of Los Angeles.

AUG. 11, 1972: Vietnam War — the last U.S. ground combat unit departs South Vietnam.

AUG. 11, 1988: Al-Qaeda formed.

AUG. 11, 2003: NATO takes over command of the peacekeeping force in Afghanistan, marking its first major operation outside Europe in its 54-year history.

METRO NEWS SERVICES

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Upgrade to Royal Club luxury rm.

for \$229 per person

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Occidental Grand

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Cayo Coco / Cayo Guillermo

via Toronto

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FREE upgrade to suite

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Taxes & fees: \$229

Liberia, Costa Rica via Toronto

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